
ACE CHECKLIST

1. STEPS REQUIRED

- Complete Infofit's Fitness Theory Course
- Complete an Emergency First Aid & CPR/AED A course (8 hours) , you can take this at any point between now and booking your exam. You will need First Aid & CPR/AED A before you book your ACE exam.
- Complete Infofit's Personal Trainer Basics Course
- Complete Infofit's Personal Training Comprehensive Course
- Book your ACE Certification exam – Using the instructions we emailed to you before the Personal training Comprehensive course. The cost is \$399 USD for Infofit Students.
- Pass your ACE Certification Exam – Congratulations you are now Certified!

2. OPTIONAL STEP

- Complete Infofit's Apprenticeship Training Program (ATP)
- ATP is a self-paced program which you will work on some of the practical aspects we taught you in class, as well as shadow our trainers training real clients and train your own clients under supervision.
- You have 6 months to complete the course and the course can be started any time after you complete the Personal Trainer Basics course